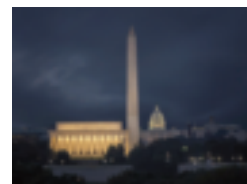




*Friendship Heights*

# VILLAGE NEWS

MARCH 2018 VOLUME 34, NO. 3 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) 301-656-2797



**Monuments by  
Moonlight, page 5**

## Celebrating St. Patrick's Day with Irish music and dance

Join us as we salute the Emerald Isle with a special concert featuring Irish tunes and dance on **Wednesday, March 14, from 7:30 to 8:30 p.m.**, at the Village Center. The event is free and open to the public.

Sior- Og is Jean Mulherin on violin and vocals, Marsha Kelly on classical guitar and vocals and Howard Rhile on Irish whistles. The band performs traditional Irish tunes, songs, dances, and verse, as well as Celtic music from Scotland, Wales, and the



Galician regions of Spain. The group will be joined by the Celtic Rhythm School of Dance. This school has

been bringing the joy of Irish dance to the Washington area for 18 years. Students focus on performance rather than competition, with about 50 performances each year.

In addition to local schools, hospitals and community centers, the dancers have appeared at Busch Gardens, Hershey Park and Walt Disney World. This year they will perform on Broadway for National Dance Day on July 28.

## In honor of Women's History Month— Women pioneers in astrophysics

They are called astronomers without telescopes. The female “computers” hired by the Harvard College Observatory in the late 1800s dazzled the world with their discoveries of variable stars, novae, nebulae, and even a way to measure the universe.

Learn about these female pioneers as author Jeanne Pettanati presents “Follow the Stars” on **Monday, March 26, from 6:30 to 7:30 p.m.**

All ages will be fascinated by the story of Williamina Fleming, Annie Jump Cannon and Henrietta Leavitt, three women who helped usher in the age of astrophysics at a time when women couldn't even vote. During this period, telescopes were off limits to the women—the Harvard Observatory director believed the cold, damp weather would harm women, and being in the dome unchaperoned at night was out of the question. While male astronomers took pictures of the night sky, women worked by day, using mathematical formulas to compare and contrast stars. Astronomers all over the world relied on their findings.

If you loved the movie “Hidden Figures,” you'll be awestruck and inspired by the story of these pioneers.

The event is free, but please call us at 301-656-2797 if you plan to attend.



## Tea and talk: Reversing diabetes without drugs

Dr. Neal Barnard, founder and president of the Physicians Committee for Responsible Medicine, will speak at the Village Center on **Wednesday, March 21, at 1 p.m.** His lecture is titled “A New Nutritional Approach to Diabetes.”

Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. He hosts four PBS television programs on nutrition and health and is frequently called on by news programs to discuss issues related to nutrition and research. He has

**Continued on page 13, see Tea and talk**

**Free tech help, page 2**



## Safe driving program at the Center in April

The AARP Driver Safety Program will be offered **Thursday, April 26, from 10 a.m. to 3 p.m.** (with a noon break), at the Village Center and will be taught by Nina Uzick. It costs \$15 for AARP members (please bring your membership card when you register and also to the class) and \$20 for nonmembers. We can accept only cash or checks made out to AARP.

Tune up your driving skills, learn safe driving strategies, and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust driving to allow for these changes. Some insurance companies operating in Maryland consider drivers who take the course qualified for an auto insurance premium reduction or discount.

Each student must bring his or her driver's license and a ballpoint pen to class. Please arrive 15 minutes early for administrative details and registration. Register at the Village Center. The next class at the Center will be in November.

## Do you speak Greek?

Are you looking for others to talk to and improve your language skills? If you have an interest in joining a Modern Greek Conversation Club that would meet weekly at the Village Center for fellowship and discussion, call or text Irene at 301-221-6602. Note: the group welcomes speakers of all levels, but it is not a class for non-speakers.

**Dr. Michael Gittleson**  
Podiatrist  
The Barlow Building

**5454 Wisconsin Ave. Suite 1250**  
**Chevy Chase, MD 20815**  
**301-986-4900**

**Medicine/Foot Surgery    Early Morning Hours**

## Free tech help at the Village Center

Do you need help with your iPhone, iPad, laptop, or Kindle? Do you have questions about email, Facebook, texting, Uber or Lyft? How about using PowerPoint or FaceTime, creating photo collages or playing games on your phone?

Village resident Ananmay Sharan will come to the Center on three Saturday mornings this month, **March 3, 17 and 24**, and will be available to help anyone who drops in between 10 a.m. and noon. Ananmay is a high school junior who is passionate about technology and wants to help his neighbors. He hopes to study computer science in college. Please bring your device with you.



*Friendship Heights*

## VILLAGE NEWS

**[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)**

**Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the April issue is March 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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**Julian P. Mansfield**

# Village Council Update

## Development update on Parcel 6

At the February 12 Council meeting, the Council announced an update on possible development at Parcel 6, the cluster of houses and commercial buildings on North Park Avenue, Shoemaker Farm Lane, and Willard Avenue.

1788 Holdings and Chevy Chase Land Company, the potential developers of Parcel 6, have informed us that they have purchased, or are under contract to purchase, three additional properties: 4608 North Park Avenue (the red house owned by Joan Estrada); and both houses owned by Ronald Pomykala (4604 North Park Avenue, 5406 Shoemaker Farm Lane). They had previously purchased 4607 Willard Avenue (the pink house) and a number of units in the 4600 North Park condominium office. They are no longer pursuing the condominium office building at 4600 North Park, having fallen short of the percentage



*When you file your Maryland income tax return, please remember to put Friendship Heights under "City or Town" to ensure the Village receives its share of the state income tax.*



*(left to right) Three of the houses that comprise Parcel 6: 4602 North Park Avenue; 4604 North Park; and 4608 North Park.*



*The pink house at 4607 Willard Avenue and the Moussa Moaadel property at 4601 Willard.*

of unit ownership required to gain control of the property. Nor do they expect to purchase the Moussa Moaadel property (4601 Willard Avenue) at his asking price.

The developers told us they are planning to build two structures: (1) A senior living facility, approximately 150,000 square feet and 90 feet tall, on North Park at the site of the Estrada and Pomykala properties; and (2) a 5- or 6-story condominium with a projected floorplate of approximately 3,300 gross square feet on Willard Avenue at the site of the pink house. They have indicated they would like to present their plans to the community at a future date.

1788 has also submitted another offer for the Village-owned property at 4602 North Park, with the same purchase price (\$1.5 million) that it offered to the Village in 2015.

## Discussion of Village survey

At the February 12 meeting, the Council discussed a draft survey prepared by the Community Advisory Committee. The survey seeks feedback from residents on a range of Village services and programs. The Council agreed to distribute a survey, but will have Village program staff provide input on refining some of the survey questions.

Actions taken at the February 12 Council meeting:

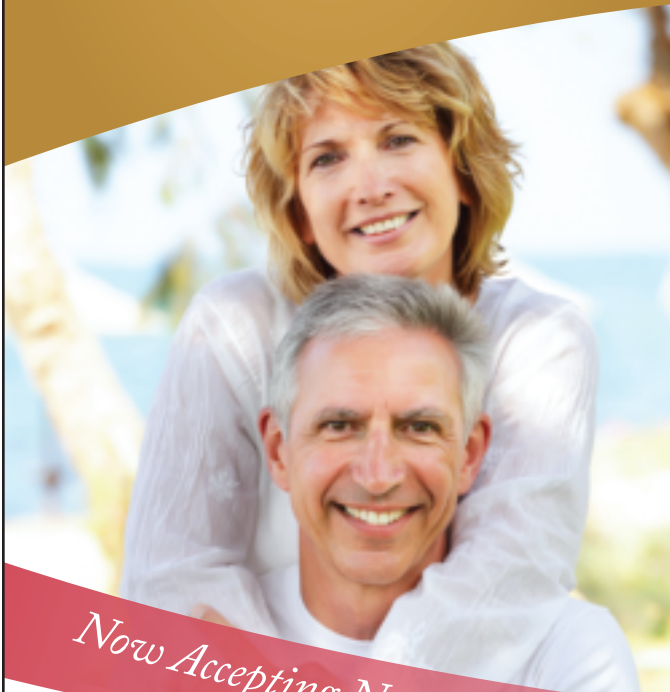
- Appointed Bruce Pirnie to serve on the Community Advisory Committee.
- Approved proposal from Interior Garden Designs for a three-year contract to continue providing interior plant maintenance at the Center.

*The next Council meeting, open to the public, will be Tuesday, March 20, (note change in date) at 7:30 p.m., and will include the final public hearing on the proposed FY 2019 Village budget.*





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## FHNN hosts noted psychiatrist on mental health issues in elderly

Dr. Trey Sunderland will discuss mental health issues of aging at the Village Center on **Wednesday, March 21, at 7 p.m.**

Dr. Sunderland developed the Geriatric Psychiatry Branch of the National Institute of Mental Health (NIMH). He has written extensively and was co-author of the textbook "Aging and Mental Health." After leaving NIMH, Dr. Sunderland established a private practice of adult psychiatry in Chevy Chase focusing on elderly patients, while continuing participation in several national mental health research organizations and with research journals.

Refreshments will be served. Please call 301-656-2797 to let us know you are coming.

This program is sponsored by the Friendship Heights Neighborhood Network (FHNN) in conjunction with the Friendship Heights Village Council.

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# ON THE GO...

## Don't miss D.C. by moonlight

Take in the splendor of our nation's capital at night when we view some of the best-known sights of Washington, D.C., on **Tuesday, March 20.**

During this mostly driving tour with our guide Betsy Thompson, we'll visit the Jefferson Memorial, the FDR and Martin Luther King Jr. memorials, the Lincoln and the Korean War memorials, and the World War II Memorial. Weather permitting, we'll step off at select sites. We'll also see the Capitol and the Smithsonian Castle.

The cost is \$43, which includes the driving tour and driver gratuity. We will depart from the Village Center at 6 p.m. and should return by 9:30 p.m.

Sign up immediately at the Village Center. The deadline to register for this trip is March 12.



The Village Book Club will meet on **Tuesday, March 20, at 11 a.m.** The book selection is "Everyone Brave is Forgiven" by Chris Cleave. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

**Thursday, March 1, 7 p.m. — “Roman J Israel, Esq.”**— Roman J. Israel is an idealistic, introverted attorney who has worked for years behind the scenes. But when his circumstances suddenly change, he lands at a cutthroat firm, working for a ruthless attorney and discovers a case that tests his mettle. Stars Denzel Washington. Rated PG-13. Running Time: 129 minutes.

**Thursday, March 8, 7 p.m. “Murder on the Orient Express”**— A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. Stars Kenneth Branagh and Michelle Pfeiffer. Rated PG-13. Running Time: 114 minutes.

**Thursday, March 15, 7 p.m. — “The Big Sick”**— Kumail is a Pakistani comic who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down

with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father. Stars Kumail Nanjiani and Zoe Kazan. Rated R. Running Time: 120 minutes.

**Thursday, March 22, 7 p.m. — “Hidden Figures”**— The story of three brilliant African-American women working at NASA who served as the brains behind the launch of John Glenn’s space ride. Stars Taraji P. Henson and Octavia Spencer. Rated PG. Running Time: 127 minutes.

**Thursday, March 29, 7 p.m. — “Ferdinand”**— Ferdinand is a Spanish fighting bull who prefers smelling the flowers to chasing red cloths held by matadors in arenas. But when disaster comes to him, Ferdinand needs to decide if he is a fighting bull or a flower smelling, generous bull, in order to earn his freedom. Features the voice of John Cena. Rated PG. Running Time: 107 minutes.

## Our Listings in the Friendship Heights Community

### FOR SALE

5600 Wisconsin Ave. #603  
\$1,999,000; 2 BR + Den, 2.5 BA,  
Views, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #906  
\$1,649,000; 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 2,278 SqFt

5600 Wisconsin Ave. #PH18C  
\$1,425,000; 2 BR, 2.5 BA,  
Views, Balcony, 2,118 SqFt

5600 Wisconsin Ave. #1101  
\$1,125,000; 2 BR, 2 BA,  
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003  
\$2,595,000; 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #1609  
\$2,050,000; 3 BR, 2.5 BA,  
2 Balconies; 3,021 SqFt

5610 Wisconsin Ave. #1503  
\$1,925,000; 3 BR, 2.5 BA,  
2 Balconies; 3,021 SqFt

4301 Military Road NW #202  
\$1,395,000; 2 BR + Den, 2.5 BA,  
Corner unit; 1,906 SqFt

### FOR RENT

5610 Wisconsin Ave. #903  
\$7,000/month; 3 BR, 2.5 BA,  
Balcony; 3,021 SqFt



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# ART and CULTURE

## Art by Center instructors and students on exhibit this month



Doris Haskell (in yellow) poses with students from her art class

Friendship Gallery is pleased to present the works of Llewellyn Berry, Doris Haskell, Joan Samworth, Millie Shott, and Marianne Winter, all art instructors at the Friendship Heights Village Center, and their students during March.

*Llewellyn Berry* taught photography, radio production, broadcast journalism and media studies in the D.C. Public Schools for almost 40 years. As a photographic artist, Mr. Berry has exhibited throughout the D.C. area as well as in Cuba and South Africa where he also lectured on photography and photojournalism. He is the founder of the Kindalew Gallery. In retirement he continues his work as a photographic artist and writes a Photoblog in addition to teaching two photography classes at the Center.

*Doris Haskell* began teaching a drawing and painting class at the Village Center in September 1991 and also taught for many years for Adult Education of Montgomery County and the graduate school of NIH. She has exhibited at the Baltimore Museum of Art and the Corcoran Gallery.

*Joan Samworth* grew up in a rural area of the Finger Lakes in New York. Many of her landscape paintings reflect the big sky and rolling hills surrounding Seneca Lake. She is able to catch the moods of nature through her oils, watercolors and pastels. Her still life paintings reflect her interest in design, line and color. Joan studied art at Montgomery College, Glen Echo, Maryland Institute of Art, Torpedo Factory, Washington Studio School, and numerous workshops. In addition to her formal art education, Robert Henri's "The Art Spirit" is a daily read for inspiration. Teaching art to children and adults for the last 31 years helps her stay connected to

the painting process. Joan currently teaches two classes at the Friendship Heights Village Center.

*Millie Shott* is the Curator of Exhibits for the Village of Friendship Heights as well as the instructor and director of a children's art camp at the Center. She has been involved in the arts for more than five decades. She was the Director of Visual Arts at the Mansion at Strathmore for almost 20 years and has been the art curator for the Village for 12. She has taught in public schools, with the Smithsonian Associates, at Leisure World, and in her home studio.

*Marianne Winter* has been teaching a portraiture class at the Center for nearly 14 years. She believes capturing the likeness of a subject starts with the eyes and has given lectures on the topic. She paints other subjects in various media. In 2008 she had a one-woman show at the Village Center, displaying 60 images including photographs. Marianne takes occasional commissions in portraiture.

The show runs from March 5 to April 7. All are invited to meet the artists at a reception on **Sunday, March 11, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"The Oboe Player"  
by Marianne Winter

## Artists— start your painting!

The theme of this year's July art show is "The Good Ol' Summertime." This multi-media exhibit is open to all artists in the area. Suggestions for paintings, photographs or sculpture are July 4 celebrations, end of school, traveling, beach time—anything related to the summer. Prizes will be awarded to the top winners. Applications will be available at the Village Center soon.


Friendship Heights  
Village Center



Calendar  
of Events 2018

M A R C H						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Roman J. Israel, Esq.</b>	2 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	3 8:15 a.m.: Walking Club 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
4 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	5 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	6 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	7 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>5:30 p.m.: Community Advisory Committee Mtg.</b>	8 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Murder on the Orient Express</b>	9 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	10 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
11 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	12 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	13 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	14 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>1 p.m.: Suburban Lecture: “Nutrition After 50”</b> <b>5:30 p.m.: Program Advisory Committee Mtg.</b> <b>7:30 p.m.: Concert: Sior-Og and Irish Dancers</b>	15 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 2 p.m.: Glaucoma Screenings 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: The Big Sick</b>	16 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	17 8:15 a.m.: Walking Club 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Photography for Children
18 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	19 9:30 a.m.: Tai Chi Intro. <b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>7 p.m.: Café Muse</b>	20 8:15 a.m.: Walking Club 11 a.m.: Book Club 12 – 4 p.m.: Blood Pressure 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea <b>6 p.m.: Depart for Tour of Monuments</b> 6:30 p.m.: Pilates <b>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	21 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group <b>1 p.m.: Tea and Talk: “A New Approach to Diabetes”</b> 1 p.m.: All in the Eyes 7 p.m.: Mental Health Issues in the Elderly	22 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Hidden Figures</b>	23 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	24 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
25 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	26 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>12 p.m.: Vision Support Lunch and Learn</b> 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>6:30 p.m.: Female Computers in Astronomy</b>	27 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	28 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>7:30 p.m.: Concert: Friday Morning Music Club</b>	29 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Ferdinand</b>	30 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	31 8:15 a.m.: Walking Club 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography

Shuttle bus hours



Monday through Friday  
Saturday and Sunday

6:40 a.m. to 9:40 p.m.  
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday  
Friday  
Saturday and Sunday

9 a.m. to 9 p.m.  
9 a.m. to 5 p.m.  
9 a.m. to 2 p.m.

Put a little art in your children’s summer plans

Our weeklong art camp for children returns **Monday, June 18, through Friday, June 22.**

Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands.

Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up before April 1 and pay only \$225 per child.

Please come in person to the Village Center to ensure a space; this camp will fill up quickly.





# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART

### ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., March 9 – May 18. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet May 4.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., April 18 – May 23. Marianne, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., March 24 – May 19, \$120. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom, as well as out in the field. Students must bring a camera to

class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Class will not meet March 31.

### BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., March 10 – April 21. \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet March 31.

### STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., March 1 – May 10. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Please bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant. Class will not meet May 3.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 6 – April 10. The class will focus on simple exercises that

improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., April 13 – May 18. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

### CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., March 7 – April 11. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., March 26 – April 30. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information.

### DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., March 7 – April

11. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., March 19 – April 30 (Note: this is a change). The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet April 2.

### **YOGA**

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., April 22 – June 17. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. This class is aimed especially at people 50 years old and older. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for 2 hours before class. \$112 for residents; \$120 for nonresidents. Class will not meet May 27.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays from 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays from 12 to 2:30 p.m.

at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

### **CONCERTS**

Free live music is presented on Wednesday evenings. Check page 12 for details.

### **DROP-IN TAI CHI**

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the

NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

### **TEA**

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies, assorted pastries, and fruit are served by Village volunteers.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

### **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

### **VISION SUPPORT GROUP**

Meets once a month; check the calendar for day and time. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information. See page 13.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



# CONCERTS

During the months of January, February and March, concerts are held on the second and fourth, and, if applicable, the fifth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

**Wednesday, March 14 — Sior-Og and the Celtic Rhythm Dancers** —Enjoy Irish music, stories and dance during this St. Patrick's Day-inspired concert. With violin, classical guitar and Irish whistles, Sior Og performs traditional Irish tunes, songs, dances and verses. It has performed at local Irish festivals, Wolf Trap, George Mason University and the Embassy of Ireland. The Celtic Rhythm School of Dance will share the stage for this rousing event.

**Wednesday, March 28 — Friday Morning Music Club** — This recital will feature student musicians, ages 17 to 22, who have won recent local music competitions. The Friday Morning Music Club has been a prestigious music organization in the Washington, D.C., area since 1886 and fosters development of local talent through competitions and recitals.



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# TO YOUR HEALTH

## Vision Support Lunch and Learn:

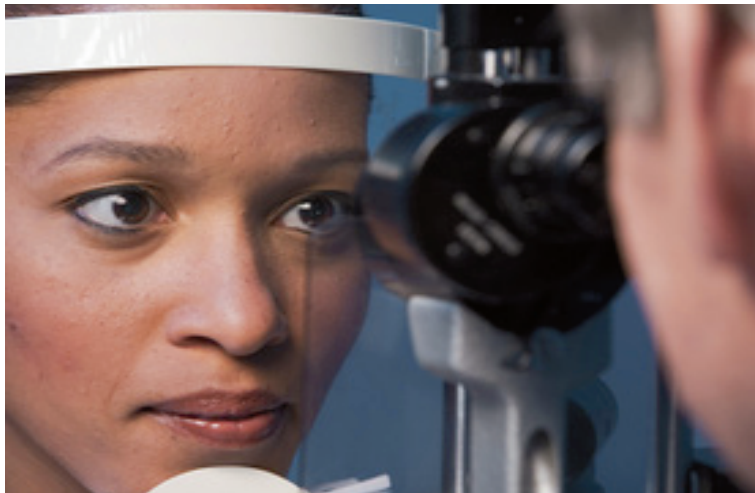
### *Getting the most from your eye doctor visit*

Eye exams aren't just for people with poor vision. They are an important way to find problems before symptoms appear. Learn how to take an active role and partner with your doctor at the Vision Support Group Lunch and Learn at the Village Center on **Monday, March 26, from 12 to 1 p.m.**

Clete Clark, Operations Manager at Washington Eye Physicians and Surgeons, will provide useful tips and communication strategies for working with your eye care professional and their staff – from how to prepare for

your appointment, what happens during the visit, and what to expect before you leave the office.

The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation information and services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register for a light lunch by calling 301-656-2797.



## Don't forget your glaucoma screening

Friendship Heights Village and the Prevention of Blindness Society invite you to sign up for a free glaucoma screening on **Thursday, March 15, from 11 a.m. to 2 p.m.** The 10-minute, non-invasive visual field screening, designed to assess an individual's peripheral vision, is not the "puff" test, which measures eye pressure.

Hal Morrison, Director of the Adult Vision Screening Program of

the Prevention of Blindness Society of Metropolitan Washington, will administer the screenings.

Glaucoma is called "the sneak thief of sight" since there are no symptoms. Once vision is lost, it's permanent; as much as 40% of vision can be lost without a person noticing.

Please call the Center at 301-656-2797 to make an appointment.

## Nutrition after 50

Learn how to make the healthiest food choices at this month's Suburban health lecture at the Village Center on **Wednesday, March 14, at 1 p.m.**



A registered dietitian will present a blueprint for meal planning, what to look for on food labels, and diet changes that will help you look and feel your best.

Please call 301-656-2797 to let us know if you plan to attend.

### Tea and talk, continued from page 1

led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in Type 2 diabetes, funded by the National Institutes of Health. Dr. Barnard has authored more than 70 scientific publications as well as 18 books, including the New York Times best-sellers "Power Foods for the Brain," "21-Day Weight Loss Kickstart," and "Dr. Barnard's Program for Reversing Diabetes." In 2015, Dr. Barnard founded the nonprofit Barnard Medical Center on Wisconsin Ave.

After the program, please stay for tea and goodies prepared from recipes from Dr. Barnard's book, "The Get Healthy, Go Vegan Cookbook." Copies of several of his books—as well as a brand new cookbook—will be available for sale. Cash, checks and credit cards will be accepted. Please call 301-656-2797 to let us know you are coming.



## Café Muse presents...

This month's Café Muse, on **Monday, March 19**, will feature poets Liz Ahl and David Keplinger.

Liz Ahl is author of "Beating the Bounds," her first full-length collection of poetry. She is also author of four chapbooks, including "A Thirst That's Partly Mine," winner of the 2008 Slavering Hol Press chapbook contest. Her poems have appeared in such journals as "Prairie Schooner," "Atlanta Review," and "North American Review." She is professor of English at Plymouth State University and lives in Holderness, New Hampshire.

David Keplinger is the author of eight books of poetry and translation, most recently "Another City" and "The Art Of Topiary: The Selected Poems of Jan Wagner."

He's the recipient of two fellowships from the NEA, the TS Eliot Prize, the Colorado Book Award, and the Cavafy Prize. David Keplinger directs the MFA program at American University in Washington, D.C.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program.

A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 35 years.



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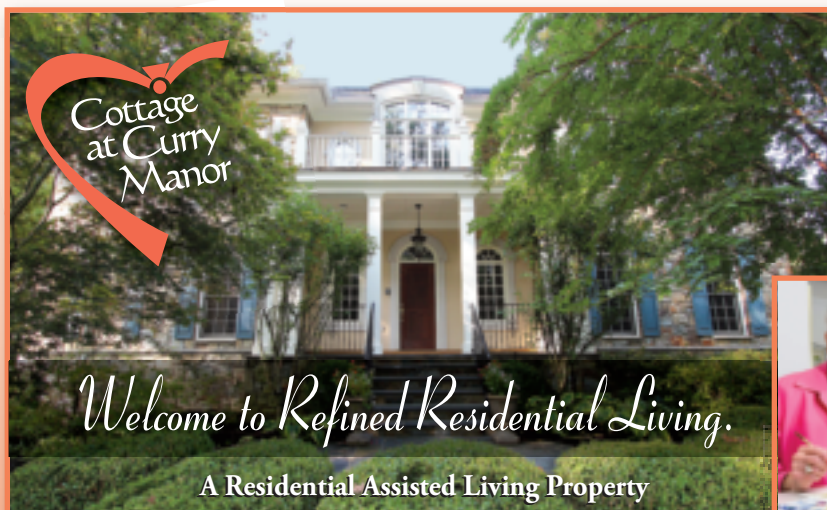
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**March 2018 events calendar**